Retrieval Strategy

```
Pubmed
#1 baduanjin [ALL]
#2 baduanjin exercise [ALL]
#3 traditional chinese exercise [ALL]
#4 #1OR #2 OR #3
#5 cardiopulmonary function [ALL]
#6 muscle [ALL]
#7 joints [ALL]
#8 balance [ALL]
#9 flexibility [ALL]
#10 #5 OR #6 OR #7 OR #8 OR#9
#11 control [ALL]
#12 controlled trial [ALL]
#13 comparison [ALL]
#14 #11 OR #12 OR #13
#15 #4 AND #10 AND #14
SCI
#1 TS: (baduanjin)
#2 TS:(baduanjin exercise)
#3 TS:(traditional chinese exercise)
#4 #1 OR #2 OR #3
#5 TS:cardiopulmonary
#6 TS:muscle
#7 TS:joints
#8 TS:balance
#9 TS:flexibility
```

```
#10 #5 OR #6 OR #7 OR #8 OR #9
```

#11 TS:control

#12 TS:controlled trial

#13 TS:comparison

#14 #11 OR #12 OR #13

#15 #4 AND #10 AND #14

EMBASE

#1'baduanjin'/exp/mj

#2'baduanjin exercise'/exp/mj

#3'traditional chinese exercise'

#4 #1 OR #2 OR #3

#5'cardiopulmonary function'/exp/mj

#6'muscle'/exp/mj

#7'joints'/exp/mj

#8'balance'/exp/mj

#9 'fiexibility'/exp/mj

#10 #5 OR #6 OR #7 OR #8 OR #9

#11'control'/exp/mj

#12'controlled trial'/exp/mj

#13'comparison'/exp/mj

#14 #11 OR #12 OR #13

#15 #4 AND #10 AND #14

Cochrane

#1 baduanjin

#2 baduanjin exercise

#3 traditional chinese exercise

#4 #1 OR #2 OR #3

#5 cardiopulmonary function

#6 muscle

#7 joints

#8 balance

#9 flexibility

#10 #5 OR #6 OR #7 OR #8 OR #9

#11 control

#12 controlled trial

#13 comparison

#14 #11 OR #12 OR #13

#15 #4 AND #10 AND #14

Supplementary Figures

Forest Plots for Meta-analysis (experimental: Baduanjin exercise training)



Figure S1: Grip strength

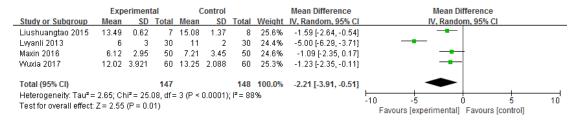


Figure S2: Timed Up and Go (TUGT)

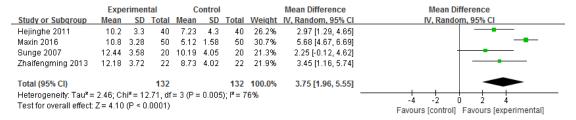


Figure S3: One Leg Stand Test (OLST)

	Experimental			Control				Mean Difference	Me	Mean Difference			
Study or Subgroup	Mean SD Total Mean SD Total				Total	Weight	IV, Random, 95% CI	IV, I					
Duwenyuan2018	52.28	3.35	94	48.98	4.68	63	49.4%	3.30 [1.96, 4.64]		_			
Wuxia 2017	48.02	4.123	60	43.02	3	60	50.6%	5.00 [3.71, 6.29]			-		
Total (95% CI)			154			123	100.0%	4.16 [2.49, 5.83]		•	-		
Heterogeneity: Tau² = Test for overall effect:				10 -5 Favours [co	0 5 ntrol] Favours [expe	10							

Figure S4: Berg Balance Scale (BBS)

	Experimental C			Control				Std. Mean Difference	Std. Mean Difference				
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Random, 95% CI	IV, Random, 95% CI				
Lvyanli 2013	7.12	2.25	30	4.31	1.42	30	47.1%	1.47 [0.90, 2.05]	——				
Maxin 2016	37.83 14.37 50 29.12 14.03 50					50	52.9%	0.61 [0.21, 1.01]	-				
Total (95% CI)	80 80							1.02 [0.17, 1.86]	•				
Heterogeneity: $Tau^z = 0.31$; $Chi^z = 5.85$, $df = 1$ ($P = 0.02$); $i^z = 83\%$ Test for overall effect: $Z = 2.35$ ($P = 0.02$)									-4 -2 0 2 4 Favours [control] Favours [experimental]				

Figure S5: Strengthening Romberg's Test (SR)

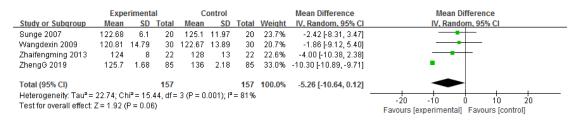


Figure S6: Systolic Blood Pressure (SBP)

	Experimental			Control				Mean Difference	Mean Difference				
Study or Subgroup	Mean	SD	Total	Mean SD Total Weigh				IV, Random, 95% CI	IV, Random, 95% CI				
Sunge 2007	80.53	4.49	20	84.98	9.69	20	0.5%	-4.45 [-9.13, 0.23]					
Wangdexin 2009	73.84	9.82	30	75.47	9.88	30	0.4%	-1.63 [-6.61, 3.35]					
Zhaifengming 2013	82.18	6.76	22	85.41	10.03	22	0.4%	-3.23 [-8.28, 1.82]					
ZhengG 2019	76.57	0.95	85	80.2	1.19	85	98.7%	-3.63 [-3.95, -3.31]	•				
Total (95% CI)			157	•									
Heterogeneity: Tau ² = Test for overall effect:				-20 -10 0 10 20 Favours [experimental] Favours [control]									

Figure S7:Diastolic Blood Pressure (DBP)

	Expe	rimental		C	ontrol			Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean SD Total		Mean SD Total		Weight	IV, Random, 95% CI	IV, Random, 95% CI		
Sunge 2007	2,841.79	407.33	20	2,701.31	451.26	20	25.9%	0.32 [-0.30, 0.94]	 -
Xueweishan 2013	3,154.3	76.2	20	2,782.4	65.3	20	20.8%	5.14 [3.80, 6.47]	
Zhaifengming 2013	2,835.68	432.55	22	2,756.27	471.26	22	26.0%	0.17 [-0.42, 0.76]	-
ZhengG 2019	3,150	80	85	3,140	90	85	27.3%	0.12 [-0.18, 0.42]	<u>†</u>
Total (95% CI)			•						
Heterogeneity: Tau ² = Test for overall effect:	•		-4 -2 0 2 4						
, oot to, overall eller.	2= 1.50 (- 0.00)							Favours [control] Favours [experimental]

Figure S8: Vital Capacity (VC)

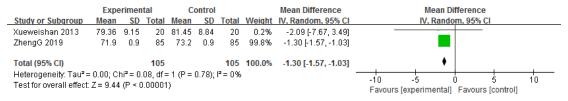


Figure S9: resting Heart rate (HR)

	Experimental			Control				Mean Difference	Mean Difference				
Study or Subgroup	Mean	SD	Total	Mean SD Total		Weight	IV, Random, 95% CI		IV, Random, 95% CI				
Wangdexin 2009	53.79	8.14	30	49.01	9.23	30	62.7%	4.78 [0.38, 9.18]					
Xueweishan 2013	59.94	9.31	20	56.58	9.11	20	37.3%	3.36 [-2.35, 9.07]			-		_
Total (95% CI)			50			50	100.0%	4.25 [0.76, 7.74]					
Heterogeneity: Tau 2 = 0.00; Chi 2 = 0.15, df = 1 (P = 0.70); I 2 = 0% Test for overall effect: Z = 2.39 (P = 0.02)									-10	-5 Favours [control	0 Favours (ex	5 speriment:	10 all

Figure S10: Step test

Forest plot for Sensitivity Analysis

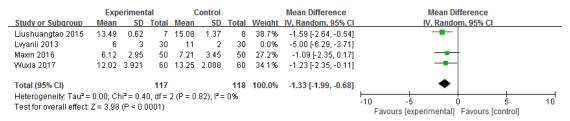


Figure S11: Timed Up and Go (TUGT)

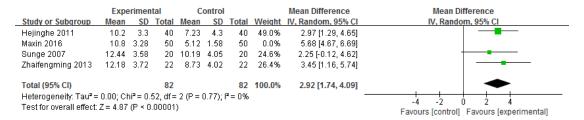


Figure S12: One Leg Stand Test (OLST)

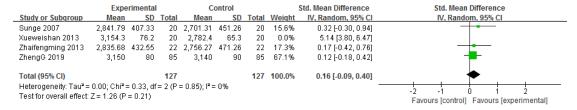


Figure S13: Vital Capacity (VC)